

Crediting Yogurt in the Summer Food Service Program

This guidance applies to meals and snacks served in the U.S. Department of Agriculture’s (USDA) Summer Food Service Program (SFSP). The [SFSP meal patterns](#) require 2 ounces of the meat/meat alternates component at lunch and supper. The meat/meat alternates component is optional at breakfast. A 1-ounce serving of the meat/meat alternates component may be offered as one of the two required snack components.

For information on the SFSP meal patterns and the meat/meat alternates component, refer to the Connecticut State Department of Education’s (CSDE) resource, [Requirements for the Vegetables/Fruits Component of the SFSP Meal Patterns](#), and visit the “[SFSP Meal Patterns](#),” “[Meat/Meat Alternates Component for the SFSP](#),” and “[Vegetables/Fruits Component for the SFSP](#)” sections of the CSDE’s SFSP webpage.



Yogurt credits as the meat/meat alternates component in SFSP meals and snacks. The USDA recommends serving low-fat or reduced-fat yogurt.

Yogurt may be plain or flavored; sweetened or unsweetened; contain any fat content; and contain added fruit, either blended or on the bottom. Yogurt must meet the Food and Drug Administration’s (FDA) standard of identity for yogurt (21 CFR 131.200), low-fat yogurt (21 CFR 131.203), or nonfat yogurt (21 CFR 131.206). Soy yogurt does not credit in the SFSP meal patterns.



Serving Size

The required serving for yogurt is based on volume (cups) or weight (ounces), and is the same for all types, flavors, and fat contents. A ½-cup serving (volume) or 4 ounces (weight) credits as 1 ounce of the meat/meat alternates component. Table 1 shows the meat/meat alternates contribution for different serving sizes of yogurt.

Table 1. Meal pattern contribution of yogurt	
Serving size	Meat/meat alternates
⅛ cup (1 ounce)	¼ ounce (minimum creditable amount)
¼ cup (2 ounces)	½ ounce
½ cup (4 ounces)	1 ounce
¾ cup (6 ounces)	1½ ounces
1 cup (8 ounces)	2 ounces

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Fruits in Yogurt

Fruits in commercially prepared yogurt (either blended or on the bottom or top) do not credit toward the fruits component. Menu planners may credit fruits offered as a separate component, such as yogurt topped with fresh blueberries or sliced strawberries in a yogurt-fruit parfait.

Yogurt in Smoothies

Yogurt in smoothies credits as the meat/meat alternates component. To credit smoothies made from scratch, SFSP sponsors must have a recipe that documents the amount of meat or meat alternate per serving. For example, to credit a smoothie as 1 ounce of the meat/meat alternates component, the recipe must indicate that each serving contains $\frac{1}{2}$ cup of yogurt.

The USDA encourages SFSP sponsors to use standardized recipes whenever possible. For more information, refer to the CSDE's [Standardized Recipe Form for the SFSP](#) and visit the "[Standardized Recipes](#)" section of the CSDE's SFSP webpage.

To credit yogurt in commercial smoothies, must obtain a Child Nutrition (CN) label or product formulation statement (PFS) stating the total weight of meat/meat alternates contained in one serving of the product. Commercial smoothies cannot credit as the meat/meat alternates component without a CN label or PFS.



For information on CN labels and PFS forms, refer to the CSDE's resources, [Child Nutrition \(CN\) Labeling Program](#), [Product Formulation Statements](#) and [Accepting Processed Product Documentation in the SFSP](#), and the USDA's [PFS forms for the SFSP](#) and [Tips for Evaluating a Manufacturer's Product Formulation Statement](#). For additional guidance on documentation for commercial products, visit the "[Crediting Commercial Processed Products](#)" section of the CSDE's SFSP webpage.

The addition of yogurt to a smoothie is not a substitution for fluid milk. Fluid milk must be offered in all meals and snacks to meet the milk component requirement of the SFSP meal patterns.

For more information on smoothies, refer to the CSDE's resource, [Crediting Smoothies in the SFSP](#).

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Noncreditable Yogurt

Drinkable or squeezable yogurt, frozen yogurt, and soy yogurt do not credit in the SFSP meal patterns. The FDA's definition and standard of identity requires that yogurt must be "coagulated," not liquid. The FDA does not have a standard of identity for frozen yogurt.

Homemade yogurt does not credit for food safety reasons. Yogurt-flavored products (such as yogurt bars and yogurt-covered fruit or nuts) do not meet the FDA's definition and standard of identity for yogurt, and do not credit in the SFSP meal patterns.

Nutrition Guidance

The CSDE encourages SFSP sponsors to read labels and consider fat and sugar content when purchasing yogurt for school meals and ASP snacks. The [Dietary Guidelines for Americans](#) recommend serving low-fat and fat-free yogurt for ages 2 and older. These types of yogurt provide the same nutrients as whole milk yogurt but contain less saturated fat and fewer calories.

Many types of yogurt are high in added sugars. For guidance on choosing yogurt with fewer added sugars, visit the USDA's [Choose Yogurts that are Lower in Sugar](#) webpage and watch the USDA's webinar, *Choose Yogurts that are Lower in Added Sugars*.

The CSDE encourages menu planners to read labels and choose products that are lower in added sugars and do not contain nonnutritive sweeteners (such as aspartame, acesulfame potassium, sucralose, and stevia) or sugar alcohols. These products are often labeled as "light" or "lite."

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Resources

Accepting Processed Product Documentation in the SFSP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Accepting_Processed_Product_Documentation_SFSP.pdf

Choose Yogurts that are Lower in Sugar – Handouts, training slides, and webinars in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/choose-yogurts-are-lower-sugar>

Crediting Foods in the SFSP (“Documents/Forms” section of the CSDE’s SFSP webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents>

Food Buying Guide for Child Nutrition Programs (USDA):

<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

Meal Patterns for the SFSP (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program#MealPatterns>

Menu Planning for the SFSP (CSDE’s SFSP webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program#MenuPlanning>

Nutrition Guide: Summer Food Service Program (USDA):

https://fns-prod.azureedge.net/sites/default/files/resource-files/USDA_SFSP_NutritionGuide.pdf

Product Formulation Statements for the SFSP (“Documents/Forms” section of the CSDE’s SFSP webpage):

https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents#USDA_PFS_SFSP

Product Formulation Statements (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Product_Formulation_Statements.pdf

Standardized Recipes (Documents/Forms section of the CSDE’s SFSP webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents#StandardizedRecipes>

Tips for Evaluating a Manufacturer’s Product Formulation Statement (USDA):

<https://fns-prod.azureedge.net/sites/default/files/resource-files/manufacturerPFStipsheet.pdf>

USDA Memo SP 40-2019, CACFP 17-2019 and SFSP 17-2019: Smoothies Offered in Child Nutrition Programs:

<https://www.fns.usda.gov/cn/smoothies-offered-child-nutrition-programs>

USDA Memo SP 40-2019, CACFP 17-2019 and SFSP 17-2019: Smoothies Offered in the Child Nutrition Programs:

<https://www.fns.usda.gov/school-meals/smoothies-offered-child-nutrition-programs>

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For more information, visit the [SFSP Meal Patterns](#) and [Crediting Foods in the SFSP](#) sections of the CSDE's SFSP webpage, or contact the [Summer Meals staff](#) in the CSDE's Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/Credit_Yogurt_SFSP.pdf.

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- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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